

SALLY BEAUMONT, CHAIRPERSON
RUTH BEIDEMAN
JAMIE MAGEE
JAMES MOSELEY
PENNY ORNDORFF
SCOTT PHILLIPS



LARRY SAVAGE
FRANCINE SHOCKLEY
ANNA SHORT
FRAN SMITH
JOHN WILLIAMS

Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County

Minutes of Meeting

March 24, 2014

A meeting of the Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County was held on Monday, March 24, 2014, at 10:00 a.m. at the Lewes Senior Center, 32083 Janice Road, Lewes, Delaware. The following members were present:

- | | |
|-------------------|----------------------|
| 1. Sally Beaumont | 5. Larry Savage |
| 2. Ruth Beideman | 6. Francine Shockley |
| 3. Jamie Magee | 7. Anna Short |
| 4. Penny Orndorff | |

Also in attendance were Lisa Celik, Lewes Senior Center; Isaac Goodman, Delaware Commission of Veterans Affairs; Joe and Elizabeth Skinner; Gary Cannon and Annette Cannon, Bridgeville Senior Center; Dennis Leebel, Parkinson's Education and Support Group of Sussex County; Barbara Vaughan, The Greater Lewes Community Village; Doris Schonbrunner, Heritage at Milford; Georgiann Deist; Nancy Broadhurst; Mella Savage; Amber Woodland, Procino Wells, LLC; Dr. Alexis McKenzie, House Calls, LLC; Barbie McDaniel, Delaware Hospice; Linda Rogers, RSVP; Gary Grimanellis, Delaware Diabetes and Heart Disease Prevention and Control Program; and Ellen Miller, Diabetes Self-Management Program.

Call to Order

Ms. Beaumont called the meeting to order and welcomed everyone on behalf of the Advisory Committee. She advised that Committee members Scott Phillips and Jamie Magee were not in attendance due to illness and jury duty, respectively.

For those who may not be familiar, Ms. Beaumont stated that the Advisory Committee consists of 11 members appointed by the Sussex County Council. There are two representatives from each of the five councilmanic districts in Sussex County, with one district having three representatives. The County Administrator and a representative of the Delaware Division of Services for Aging and Adults with Physical Disabilities also serve as nonvoting members. Ms. Beaumont explained that the mission of the Advisory Committee is to promote and advocate for the benefit of the aging and adults with physical disabilities of Sussex County by increasing dialogue, identifying unmet needs, and guiding and directing constituents to available programs and services.

Ms. Beaumont also took the opportunity to thank Lisa Celik, Executive Director of the Lewes Senior Center, for hosting the meeting, and stated that a tour of the facility would be available later for anyone interested.

Approval of Minutes

A Motion was made by Anna Short, seconded by Larry Savage, to approve the minutes of January 27, 2014, as distributed. Motion Adopted by Voice Vote.

A Motion was made by Ruth Beideman, seconded by Francine Shockley, to approve the special conference planning meeting minutes of February 11, 2014, as distributed. Motion Adopted by Voice Vote. (It was noted that a quorum was not present at the February 11 meeting.)

Correspondence

Ms. Beaumont presented the following correspondence/information:

- E-MAIL FROM COMMITTEE MEMBER PENNY ORNDORFF.
RE: Apologizing for her absence at the January and February meetings due to vacation.
- E-MAIL FROM BILL LOVE, DELAWARE DIVISION OF SERVICES FOR THE AGING AND ADULTS WITH PHYSICAL DISABILITIES.
RE: Agreeing to sponsor this year's **LIVE Conference...Live Safe and Secure** in the amount of \$2,500 (same funding level as last year).
- Two upcoming conferences were announced: (1) Holistic Health Fair being held on March 29 at Cape Henlopen High School, free of charge; and (2) "The Journey Continues" conference on April 9 in Dover, fee of \$75.
- Ms. Beaumont reported receiving two telephone calls as a result of the Advisory Committee being Googled on the Internet. The first call was from a social worker in another state who wanted information for a family member who lived in Delaware and where the person was being transported to live. Ms. Beaumont contacted the individual and provided her with various resources. The second call was from a senior center in Sussex County that lost their executive director and was looking for advice regarding bylaws, board members, and human resources.

In follow-up to the above inquiries, Ms. Beaumont mentioned that one of the goals of the Advisory Committee's Strategic Plan for 2013-2014 is to communicate more effectively and more often with Sussex Countians. To that end, the Committee agreed to write an article every other month highlighting the speaker and topic of the preceding meeting, and announcing the speaker/topic for the next meeting. Ruth Beideman volunteered to write the first article, which was edited and sent to Chip Guy for formatting and release to the papers. Ms. Beaumont stated she received an e-mail a few days later from Mr. Guy in which he took issue with this type of outreach which reiterates a topic that has already been presented.

Mr. Guy stated that “news” by definition is new information, thus the articles should be about other topics of interest to seniors. He would like to see the Committee try the traditional approach—have a column, pitch it around to various publications, and participate in on-air interviews on local talk shows.

Anna Short distributed information concerning advocacy strategies and tactics. Sally Beaumont, Anna Short, and Ruth Beideman will meet with Chip Guy regarding same.

Guest Speaker

Anna Short introduced Dennis Leebel, Parkinson’s Education and Support Group of Sussex County, who was invited to speak on the topic of “*Parkinson’s in Sussex County.*”

Mr. Leebel began by stating that his wife has had Parkinson’s since 2002. She has the type of Parkinson’s without tremors, which leaves her bent over and on medication every two hours.

Mr. Leebel explained that Parkinson’s disease is neurologic in nature and happens to a lot of people. The disease causes loss of neurotransmitters and dopamine. Everyone loses neurotransmitters and dopamine, but Parkinson’s causes this to happen at an accelerated rate.

The risk of acquiring Parkinson’s disease increases with age. Fifteen percent of cases are hereditary, although only a small incidence is seen in young people. There seems to be a higher risk of Parkinson’s among farmers, apparently due to the chemicals they come in contact with.

With the number of retirees in coastal Sussex County, many people are affected by Parkinson’s. In 2009, Mr. Leebel founded a Parkinson’s Support Group in the Lewes-Rehoboth area that now has 200 members, 50 percent of which have Parkinson’s. He also started a support group in western Sussex last year.

Parkinson’s support group meetings are held monthly. They usually have a guest speaker and 60 to 70 members in attendance. There is also a tele-link with Rochester, New York, whereby individuals here in Sussex County can be seen by a specialist. Currently, a doctor with Johns Hopkins University is looking into getting a license to tele-link as well, and both facilities will be available through La Red in Georgetown. Speakers have been confirmed for the next four months, with Christiana Care Visiting Nurses as the speaker in April.

The support group consists of many volunteers who provide a variety of services, such as referrals, and exercise classes have recently been started. Smaller support groups are beginning to meet in Ocean View and Georgetown too.

Upcoming events for the Parkinson’s Education and Support Group of Sussex County include a walk on May 17 on the Boardwalk in Rehoboth Beach and a Parkinson’s Symposium on October 11 in Rehoboth Beach, featuring Dr. Harold Koenig from the University of Durham, Durham, North Carolina, who is an expert in Parkinson’s.

At this point in his presentation, Mr. Leebel entertained questions/comments from the audience as follows:

- Is there any connection between Agent Orange and Parkinson's disease? – Yes, there is a connection, and Vietnam veterans with Parkinson's can receive 100 percent coverage at the Veterans Administration Center in Philadelphia. The issue that veterans in Sussex County are dealing with is proving they were exposed and infected. Mr. Leebel stated that representatives of the Veterans Administration in Philadelphia have spoken to the Parkinson's Support Group in the past and should be able to assist anyone with questions.
- Additional information was requested on research being done by Johns Hopkins University.
- Where does funding come from? – The Parkinson's Support Group is a 501©3 organization and they do their own fundraising, keeping the funds local.
- Is there a bureau of volunteer speakers? – No, Mr. Leebel advised he mostly speaks for the group.
- Is there a support group in Milford? – No, persons interested in Parkinson's support in the Milford area normally go to Lewes or the Modern Maturity Center in Dover.
- Where do meetings take place? – Meetings are held in the Lutheran Church behind Big Fish Grill in Rehoboth Beach on the first Monday of each month from 1:30 to 3:30 p.m.
- How do you register for the walk? – On-line registration will begin April 1.
- Is information on the Parkinson's Support Group included in The Wave and Coastal Point? – Right now the group is focusing on the Cape Gazette.
- Is there a group in Ocean View? – Yes, there is a group at the CHEER Center in Ocean View.
- Is the Delaware Division of Services for Aging and Adults with Physical Disabilities contributing? – Yes, Rita Landgraf is one of their strongest supporters. With the high cost of placing individuals in nursing homes, keeping just one person out saves the State over \$3,000 a month.

Mr. Leebel's e-mail address is blleebel@verizon.net, and the Parkinson's website address is delmarvaparkinsonsalliance.org. Anyone interested in starting a support group in their area should contact Mr. Leebel for further details.

Public Comment

Ms. Beaumont deviated from the agenda and recognized the following members of the audience for public comment:

- ◆ Barbara Vaughan, The Greater Lewes Community Village – The Greater Lewes Community Village is a 501©3 organization that went into business on November 1, 2013. As a result of a broken ankle, Ms. Vaughan stated she was the first test case for The Village. Someone came to her home every day, so she knows firsthand that The Village concept does work. Their goal of 40 members and 40 vetted vendors for 2013 was met, and they have set a new goal of 100 of each for 2014. Ms. Vaughan would like to see all towns emulate the concept and start villages of their own. There is a fee of \$500 per year for individuals and \$750 per couple, with associate memberships at \$250. Method of payment is on a case-by-case basis. Brochures with additional information were provided.
- ◆ Isaac Goodman, Delaware Commission of Veterans Affairs – Mr. Goodman is attempting to get the word out to veterans in Sussex that help is available to them. A Veterans Service Officer is available at the Delaware Veterans Memorial Cemetery at Stockley every Tuesday, Wednesday, and Thursday, and an officer is available at the Veterans Service Center in Georgetown every Monday and Friday. It was noted that the Veterans Service Officer in Georgetown can also assist with the Aide Attendants Program if there is a veteran connection. The number to call is (302) 841-4545.
- ◆ Jamie Magee, Alzheimer's Association – Ms. Magee reported that a lot of information from the Alzheimer's Association was released last week. Alzheimer's is severely under-reported, with half a million people dying from the disease each year. It is the third leading cause of death in this country. The Alzheimer's Association releases facts and figures each year, and studies show that at age 65, one out of every six women and one in 11 men will develop Alzheimer's. Their next program on "Understanding Behavior and Communication" will take place April 8 at the Milton Library.
- ◆ Gary Grimanelis, Delaware Diabetes and Heart Disease Prevention and Control Program – Mr. Grimanelis stated that one in seven people with diabetes die from the disease. He serves as a Diabetes Master Trainer and they offer sessions wherever space is available. Sessions are normally 2.5 hours per day, one day a week for six weeks. Mr. Grimanelis can be reached by e-mail at time2travel@aol.com.
- ◆ Representative of Millville United Methodist Church – They are in the process of completing a new building and soliciting groups/training to support the local community.
- ◆ Dr. Alexis McKenzie, House Calls, LLC – Dr. McKenzie offers mental health support, assessments, and training in the home.
- ◆ Linda Forte, Easter Seals – Ms. Forte announced there will be a community networking opportunity on May 10 from 3:30 to 5:00 p.m. at Easter Seals in Georgetown. Anyone who would like additional information may contact her at (302) 253-1121.
- ◆ Barbie McDaniel, Delaware Hospice – With April 16th being National Healthcare Decisions Day, Ms. McDaniel stated she will be going out into the community to stress the importance of advance care planning.

Ms. Beaumont also announced that Christine Steele has taken a new position with the Center for Mindful Change in Lewes doing therapy and marketing for the Center.

Old Business

Report on special conference planning meeting of February 11, 2014

Ms. Beaumont reported on the special conference planning meeting held on February 11, 2014, at the Sussex County West Administrative Complex. This year's conference is entitled, **The LIVE Conference...Live Safe and Secure**. The conference is being planned for Monday, October 13, and topics will focus on safety and security. The Committee is looking at holding the conference at the Sussex Academy in Georgetown since they have a large gym. Their rental fee is \$50 per hour. Registration will remain at \$5.00 per person, which includes a light breakfast and box lunch. The conference is scheduled to take place from 9:00 a.m. to 3:30 p.m. and vendors will be charged a fee.

Additional Business

- The question was raised as to who a person could contact in regard to building handicapped ramps. The Del-Mar-Va Council, Boy Scouts of America, was recommended as a possible resource in that members working toward becoming an Eagle Scout may be looking for a project, and local Lions Clubs often assist in construction as well.
- Since discussion regarding topics for the upcoming **LIVE Conference** will be taking place at the special conference planning meeting immediately following the Committee's regular meeting on this date, Ms. Beaumont asked the audience about issues they would like to see covered during the conference. Some suggestions were:
 - Safety and security both in and out of the home
 - Physical accessibility
 - Fraud and abuse
 - Physical environment in the home
 - Medication abuse, interaction, and taking as directed
 - Legal aspects of aging
 - Life Alert buttons or bracelets
 - Dr. Gulachi, a speaker on aging

Next Regular Meeting

The next regular meeting of the Advisory Committee will be held on May 19, 2014, at 10:00 a.m. at the Sussex County West Administrative Complex, 22215 North DuPont Boulevard, Georgetown, Delaware.

Adjournment

There being no further business, a Motion was made by Ruth Beideman, seconded by Jamie Magee, to adjourn. Motion Adopted by Voice Vote.

Respectfully submitted,

Anna Short, Secretary
Ruth Beideman, Committee Member
Advisory Committee on Aging & Adults
with Physical Disabilities for Sussex County